THE ART OF SURRENDER

PROSPERING IN HARMONY WITH THE TAO

EDEN&EDEN
PUBLISHING

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PARNEET SACHDEV

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For

my wife

Tanvir

our children

Sukhsahegj and Sarguun

The beginning and the end

of my chest of wishes

Heartfelt gratitude

to

My great spiritual mentor,

to

The EDEN & EDEN team for their labours

The Author

Parneet Sachdev is a gifted speaker and a best-selling author. He obtained a B. Tech in Electronics and later received an MBA from the University of Melbourne. Further education at Syracuse University (Public Policy) and at other prominent global institutions has also helped him to build a unique repertoire of skills. During thirty years of research into aspects of *mind science, brain wave analysis, the science of richness, spirituality, dream analysis, paranormal, positive psychology, meditation,* etc, he has helped thousands on their inner journeys.

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Chapter 1

The Quiet Call to Silence

In times of restlessness and despair, when the soul feels scattered like dry leaves in the wind, we instinctively seek something deeper — a stillness beneath the noise, a sanctuary untouched by the world's ceaseless demands. We attempt to seek solace in the outside world. In trying to earn more, in racing to win.

In such moments, we need to long not for more stimulation, but for less.
Not more struggles, but a deeper silence.

We may not know what we are seeking. We may not even call it a spiritual longing. But somewhere deep in the marrow of our being, a voice whispers — not in words, but in a quiet yearning*: return.*

This return is not to a place in the world, but to a state of being. A place within. A stillness that is not just the absence of noise, but an awakening of something immensely powerful within us — something that does not depend on achievement, approval, or explanation. *Something that simply is!*

This longing is as old as the human soul. And in every age, there have been voices that point the way. One such voice is that of *Lao Tzu*, the mysterious sage of ancient China, whose timeless text, the *Tao Te Ching*, has continued to guide seekers for over two millennia.

In its 81 verses, the *Tao Te Ching* provides a path, an invitation to realign with the original flow of existence — the Tao, or the Way. To live in harmony

with the Tao is to begin this voyage back inside. Not after death, but in life.

And at the heart of its message lies this: surrender and allow the Tao to awaken. Not surrender as defeat, but as liberation. Not as passivity, but as profound trust. The kind of surrender that allows a tree to grow without planning, a river to flow without maps, a flower to bloom without striving.

This book is a guide to that existence. A journey back to the rhythm of the Tao —as a living current that moves through you and around you. As you ride along with every chapter, possibilities of

grand success and enormous wonders will arise. Transcending the confines of 'sciences' that restrict us to planetary influences.

As a true sculptor of your life.

Parneet Sachdev

Chapter 2

The Way of Wonders: that is the Tao

The Tao that can be spoken is not the eternal Tao.

— Tao Te Ching, Verse 1

The first line of the *Tao Te Ching* gently informs us that what follows is not knowledge in the conventional sense. Here, is a roadmap; a beckoning toward the *infinite and the invisible*. If you seek something you can hold, define, possess — turn back. But if you are willing to be undone, to be emptied, to receive — then come and enter the immeasurable.

The Tao (pronounced "Dao") means "the Way." But this translation only grazes its surface. The Tao is not a path in the ordinary sense. It is the fundamental order and flow of the universe. It is the silent intelligence that gives rise to all things and holds them in balance.

Tao is the omnipotent, omnipresent substance that is inestimable. Alive, superconscious.

You do not see the Tao, but you see what it does — the way clouds form and disperse, the way a child grows in the womb, the way seasons shift without command. The Tao does not command; it allows. It

does not interfere; it unfolds. To speak of the Tao is already to move one step away from it. Words cannot contain it because it is the source of words. Thoughts cannot grasp it because it gives rise to the thinker. The Tao is the source of all that is manifest (*Sargun*—as in Sikhism) and everything that cannot be known through the five senses (*Nirgun*).

Sargun Nirgun Nirankar Sunn Samadhi Aap.

(Sargun, the manifest and Nirgun, the unmanifest, are Nirankar (formless One), who Himself is in Sunn Samadhi (the meditation of surrender))

Sri Guru Granth Sahib: 290

Lao Tzu offers no biography of the Tao, no origin story. Because it has no origin. In many ways, it resembles what other traditions have called the Logos, the Divine Feminine, or even God. In the Sikh scripture, the Sri Guru Granth Sahib, it is referred to as the "*Naam Kalaah*" — the Creative Force that is both immanent and transcendent, personal and

impersonal, unchanging yet always manifesting as change.

Though it cannot be named, it can be known.
The Tao reveals itself not to the ambitious, but to the open.
Not to those who reach, but to those who surrender to receive.

You have already touched the Tao many times in your life. You have felt it in the smile of a sleeping child, in the peace of letting go. You have sensed it in the perfect imperfection of a falling leaf, or the way the sunlight dances on water. These moments pass quickly, yet they leave a fragrance; a subtle remembrance of the Way that is always here, beneath the noise.

To live in harmony with the Tao is not to attain something new. It is to return to what has always been true. Until life is no longer something to be managed, but something to be met; moment by moment, breath by breath.

The Tao cannot be captured.
But it can be trusted and awakened.

And in that awakening, something shifts profoundly. You stop swimming against the current. You float. You breathe. And for the first time, you know that there exists an *unseen current behind* the rhythm in the seasons, the breath in your lungs, the silent pulse that holds galaxies together and opens the petals of a wildflower.

The source of all there is.

You feel safe, free and empowered.

CHAPTER 3

THE FIRST STEPS TO AWAKENING: EFFORTLESS HARMONY WITH NATURE

Nature does not hurry,
yet everything is accomplished.

— Tao Te Ching, Verse 29

Now that we know what the Tao is, allow this manuscript to hold your hand gently. Let it be your compassionate friend and lead you through baby steps into the magical world of the Tao. A realm that has been here, all the time.

Try walking into a forest or in a park, or on a beach without a goal. Don't try to name the trees or count the waves. Take a walk or sit. Just be. Listen and experience with all the senses. You will begin to sense a rhythm— a quiet intelligence unfolding in everything. This is the Tao in motion.

The Tao is not a doctrine to be memorised, but a presence to be felt. And there is no better teacher than the natural world, which lives the Tao without question, without pride, without resistance.

A tree does not doubt its growth. It does not measure itself against the one beside it. It does not agonise over the arc of the sun or plead with the sky for rain. It simply opens when there is light and drinks when there is water.

This is not passivity — it is complete alignment. It is surrender that is intelligent, not lazy; peaceful, not indifferent. *The tree responds to what is, and in doing so, becomes fully what it is meant to be.*

A river bends and curves, not because it is weak, but because it is wise. It meets the rock not with resistance, but with grace. It touches the stone and flows on, unoffended, unharmed. And in doing so, it shapes entire landscapes, carves valleys, creates life.

This is effortless harmony — not the absence of action, but the absence of brute force. It is the way of the Tao: to act in accordance with what is, rather than fight to impose what should be.

In our modern world, we often forget this way. We measure life by urgency. Inboxes, goals, deadlines, and outcomes. But in this scramble to accomplish, we often find ourselves hollow, anxious, and unsatisfied. The more we try to master life, the more it slips from our grip.

Yes, our jobs, our businesses may demand strict timelines. A ten-hour workday or even more. All that is perfectly fine. The Tao asks that even that be done with inner alignment. If not 100%, then maybe five per cent to begin with.

The Tao asks us to realign with life. Like a dancer who ceases to count the steps and begins to feel the music, we are invited to move through the world differently — in rhythm, not in resistance.

As we begin to align and try the exercise provided in these chapters, a measure of peace and health will follow. Something, even if exceedingly small, will change for the better.

EXERCISES FOR LIVING WITH NATURE'S RHYTHM

Allow your day to have recesses-sacred pauses (try with link)

Don't pack your day so tightly that you forget to breathe. *Insert sacred pauses:* a moment of silence before a meal, a few deep breaths between tasks, a short walk at twilight. Let stillness return to your life in small, nourishing ways.

Try a sacred pause (one minute) using this link or the QR code.

https://youtu.be/8wlJvlRMuQQ

Learn from one natural element each week

Spend time with a tree, a body of water, the sky at dawn, or even a small flower. Sit with it, without judgment or agenda. Just be and listen. The insights

that arise may not be intellectual — they may be felt, known in the heart, received like a breeze. Let nature mentor you. Modern research shows that trees do send out signals of peace.

Practice 'non-forcing' (Wu Wei)

Wu Wei, a core concept in Taoism, is often misunderstood as "doing nothing," but it actually means "non-forcing." It is action that flows naturally from the moment. Pause. Ask: Is this action coming from fear, or from flow? In your surrendered silence, you will, sooner than later, discover a better path.

Watch for signs of alignment

Look for those moments when there is ease in your efforts. Maybe your words comfort someone without you trying, or when things work out without your interference. Acknowledge these moments. They are the Tao speaking through your life. If a river hits a rock, it does not complain. It finds another way. When something blocks your path — a delayed plan, a lost opportunity, an unexpected "no" — try not to see it as punishment. See it as redirection. Ask: What is this teaching me? Where is the Tao flowing now? Often, life's detours are its truest direction.

The Tao is not against effort, but it mistrusts brute force. It encourages movement, not struggle. You are not separate from nature. Your breath follows the same rhythm as the wind. Your heartbeat echoes the turning of the moon. Your true pace is not frantic. It is sacred.

And slowly, quietly, life will begin to feel different. It may take a while, but it does happen. Not because the world will change. Because you will have remembered how to move within it.

Chapter 4

Resistance is Suffering: Embrace the Outcome

When I let go of what I am,
I become what I might be.

— Tao Te Ching, Verse 44

According to legend, Lao Tzu, also known as Laozi, was the Keeper of the Archives at the royal court of the Zhou dynasty. A great scholar and archivist, he was revered for his wisdom, and many, even Confucius, according to some accounts, sought his counsel. Yet, as he observed the decay of

the Zhou dynasty and the moral decline of society, Lao Tzu grew weary. He saw that his counsel, his words, were not enough to oppose the shifty laws. He realised that knowledge, when clutched, becomes a weapon. As a result, he relinquished his great position and *he let go, to walk away*. This was sometime in the 6**th** century BCE.

As the great Lao Tzu approached the western border of the empire, riding a water buffalo, he reached Han-ku pass. A border guard named Yin Xi recognised him and pleaded:

"Master, do not leave without first sharing your wisdom with the world!"

Moved by the sincerity of the request, the master stayed for a few days in a nearby hut and composed a short book of just around 5,000 characters—the *Tao Te Ching*. After completing it, he handed the manuscript to the gatekeeper and continued his journey westward. This book has some of the deepest insights into the mind and the spiritual realm of the Divine. It has transformed innumerable lives since.

His grand lesson:

To walk away is not always to flee.
Sometimes it is to return to oneself, to silence, to truth.

Ask yourself:

Can I let go of my need to change everything?

Can I trust the deeper order that flows beneath appearances?

Can I, like Lao Tzu, ride my own water buffalo into the mountains of inner stillness?

Letting go is not a weakness. It is the greatest strength. It is not indifference. It is supreme intimacy with the mystery of life.

Lao Tzu speaks of alignment, flowing, not forcing. However, our perceptions with the five senses train us through fear and ego. Unaware of the eternal Tao, we cling and hold tightly, to the known outcomes, identities, expectations. We grip the world as if its job is to fit into our plans. But the world is wild, and the Tao is ungraspable. Our very grip becomes our torment.

This resistance to change, to loss, to uncertainty is the subtle root of much of our suffering.

The Buddha taught that life revolves around *dukkha*, a Pali word often translated as "suffering," emanating from a deep, persistent discontent. And why does dukkha arise?

From our desire for permanence in an impermanent universe.

We demand that the pleasant should last forever and that the painful should never arrive. We try to trap the untrappable life in amber, to build a shelter of control against the winds of change. And in doing so, we create the very suffering we wish to avoid.

When you live as the Tao, you no longer fear transitions. You no longer grip life with panic or try to build monuments of selfhood to outlast impermanence.

Lao Tzu was once offered vinegar. As he drank it, he declared the liquid sweet. Symbolising that

one must comprehend the discord of the world and try to fathom the deep underlying harmony guided by the omnipotent force called the 'Tao.'

"To hold, you must first open your hand"
"To control, you must first yield"
"To be whole, you must first allow yourself to be empty"

—Tao Te Ching, verse 22

The Tao does not promise that pain will vanish. But it teaches; when we meet sorrow without struggle, it becomes a trainer instead of a tormentor. And when we trust the unfolding, even the darkness; something within us, begins to bloom in the very heart of winter. This is the supreme strength of surrender: to the Divinity within.

EXERCISES FOR LETTING GO-FOR FREEDOM

Try to be aware when you are resisting

Without judgment, try to be aware of whether you are clinging to a certain outcome. Are you refusing to accept a change? Are you holding a grudge, a

fear, an identity too tightly? Often, acknowledging such stress is the first step to releasing it.

Replace "Why is this happening?" with "Can I allow this for now?"

The mind wants to fight life; to blame, to control. Try to analyse and think how would it be if you'd meet life on its terms? This shift opens the doorway to peace.

Let go like nature does—try forgiveness to others and to yourself

Autumn trees let go of their leaves without fear. Practice occasional letting go: clean out something physical, release an old belief, forgive someone quietly. Move on, taking charge of your present.

Breathe with your suffering, not against it.

When pain arises, the breath becomes shallow, the mind contracts. Instead, place your attention on the breath as it moves through the body, and say inwardly: "I am here. I am breathing with this."

Magically, this simple act of companionship begins to transform pain into presence.

Trust the wisdom of the greater unfolding.

There are times in life when everything unwholesome seems to unravel. But the Tao reminds us: You do not see the full picture. What appears as loss may be space for something new. What feels like failure may be realignment.

"Try not to resist the changes that come your way.
Instead, let life live through you."

– Rumi

To live in harmony with the Tao is to no longer war with it. You learn to walk beside uncertainty. You begin embracing mystery. You realise that

control was never real — it was always a veil stitched by fear. And as you let go, not of life, but of your attempts to dominate it, you discover freedom.

Not the freedom of getting your way, but the freedom of no longer needing to. You start listening to the flow.

This is the virtuosity of surrender,
the art of becoming the true sculptor of your life,
by bequeathing the clay to the hands of the Tao.

Chapter 5

Awakening the Tao: The Meditation of Receiving

Empty yourself of everything.
Let the mind become still.

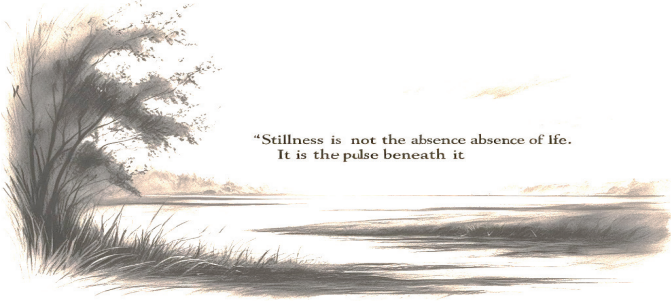
— Tao Te Ching, Verse 16

This is perhaps the deepest, the most profound and life-changing chapter in this manuscript. Hold on to every explanation. You will learn the most reflective secrets of the Universe. Secrets that are in plain sight and yet unknown to the vast

multitude. How to stir the dormant power of the Tao that resides inside of us?

To awaken the Tao within is not to struggle toward enlightenment, but to quietly prepare yourself to receive it — like a bowl that holds water not by force, but by being hollow.

Stillness is not the absence of life.
It is the pulse beneath it.



In our modern lives, meditation is often misunderstood as a tool for relaxation, a technique to fix stress, or a hack for peak performance. Learning to focus on the breath, on the light, on a million

other things. We do things! All these have a purpose. However, in the Taoist view, meditation is not a technique at all. It is a surrender, not a doing. A return to the natural state of being that we have forgotten.

It is not something you "do."
It is something you allow.
Let go and
Let the Tao flow

—Bhai Sahib

The Tao, after all, is always flowing — through silence, through stillness, through space. But it can only be received by a mind that is unclenched and surrendered.

Bhai Sahib, a great spiritual luminary, once said that the conscious mind is like a monkey. It jumps from tree to tree, i.e from one thought to another. The greater we struggle to control our thoughts, the deeper the fight gets. How to be an empty vessel then?

The first step is to grasp the symbolism in this phrase. *Emptiness symbolises surrender.* Meditation happens as a receiving, not as a doing. It isn't the domain of the conscious mind; rather, it happens in the subconscious, through the inspiration of the soul. As we relax, we let go of the need to control our thoughts. Rather, we only experience what is happening to our bodies, our feelings. Just let it happen. In that receiving, the Tao awakens. That is the meditation of surrender.

The Bowl must be empty to receive

Lao Tzu writes:

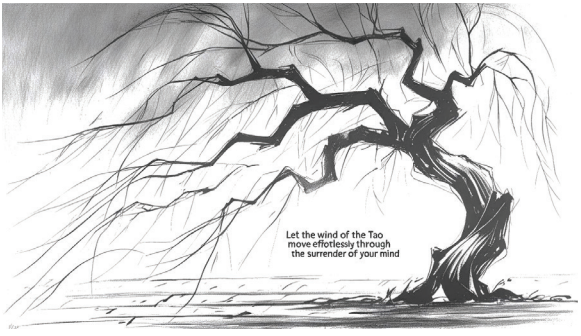
"We shape clay into a pot, but it is the emptiness inside that holds whatever we want."

So too with us. We try to fill our minds with knowledge, with strategies, with ambitions. They are essential for living. However, in doing so, we become too cluttered and close our minds. The Tao cannot enter a crowded house whose doors are locked.

To meditate is to become unfilled. Open and receptive. Not to do, but to receive.

Lao Tzu saw that liberation was not attained by accumulation, but by cessation. Not by controlling, but by understanding the patterns of the mind and by letting go of them.

The Tao flows into those who are willing to let go. Consider the image of a flute: it makes music only because it is hollow. The wind moves through its stillness, and sound is born. This is you. You are the flute. You are the bowl. You are the vessel.



When your thoughts settle, when your desires loosen, when your judgments fall away like old leaves, the Tao can move through you. What arises then is not your wisdom — it is universal wisdom. Not your strength, but the effortless flow of life itself.

A simple but profound Meditation that awakens the Tao (try with the link in this section)

You do not need incense or robes or chants. You do not even need to sit cross-legged. All you need is a willingness to be open and relaxed.

Find a quiet space.

Sit comfortably. Let your hands rest on your lap like fallen leaves. Not tight, but loose, relaxing.

Close your eyes gently.

Relax

Notice the breath.

Don't control the breath. Just observe without judgment. It has always breathed you. You are simply listening now.

Now chant very gently

Praise Divine
Grace Sublime

Do it slowly, 5 times. This chant merely acknowledges the power that resides inside of you. Your true, authentic self. It is a preparatory stage of meditation. Not the meditation itself.

When thoughts arise, let them pass.

They will come, as clouds pass through the sky. Don't chase them. Don't resist them. Watch them float by. Meditation happens, not through conscious thought, but in surrender, in a deep state of relaxation.

Slowly, with every breath, let go. Relax deeply as if going to sleep

You no longer need to focus on your breath or to chant anymore. Unknown to you, the Tao is already awakening. Relax and experience what happens. If you feel light, experience that; if you feel heavy, so be it. You get tears, which is just fine. Do not question. Just let it flow.

Let it happen and allow the experience for a few minutes in deep relaxation.

After some time, open your eyes slowly.

Carry the experience with you, like a lantern in the wind.

Start with five minutes.

Slowly, the time will increase. Try not to meditate beyond 20-25 minutes. Over time, the profoundness will deepen. Not because you worked at it, but because you stopped interfering.

Do this every day for around 20 minutes, whenever you have time. Notice how changes occur in your life.

For those who would like a guide, here is a link to a video you can do the meditation with. You may also scan the QR code for the *5-minute meditation of receiving*.

https://youtu.be/3k_kFqegRP8

Everyday Meditations

This meditation may be done twice a day. Once before sleeping and another time in the morning or during the day. This will slowly open your heart to Divine guidance, through dreams, through unconnected events and much more. Each time, just learn to be a receiver. Surrender and feel. Let go.

The Tao is not a thing you possess. It is a way you inhabit the world. And meditation is how you clear the space for it. *Wu wei,* or effortless action, is

born from meditation. It is the ability to act without strain, to decide without overthinking, to move without resistance.

A mind that has practised stillness and letting go knows when to speak and when to be silent. It does not leap or hesitate. It flows. This is the root of all graceful action, not training, not planning, but attunement. Let yourself become empty. Let go of the struggle. Sit quietly, like a mountain in the mist. The Tao is already within you. You do not need to find it, only to make room for it.

Just as the eye cannot see itself without a mirror, the soul cannot know itself amid constant motion. In silence, we return. To the quiet presence from which all life arises and to which it all returns. This tranquillity is not created. It is uncovered. It is always here, beneath the surface of our mental chatter, emotional tides, and worldly roles. Like the deep ocean under turbulent waves, it remains unmoved, vast, serene. The Tao lives in that space. And so do you.

You do not need to go to a monastery or abandon your life to return to the Source. The Source is not somewhere else. It is the authentic awareness within you. The Buddha spoke of this stillness, too. In deep meditation, he sat beneath the Bodhi tree and saw that all things arise, change, and pass away, but the awareness that witnesses all of this remains. He called this the end of suffering: not the end of pain, but the end of clinging to it. In surrender, he awakened to the Tao in its essence: ever-present, beyond concepts, perfectly whole.

In that space of deep surrender, as you receive, everything changes.

"Empty yourself of everything.
Let the mind rest at peace.
The ten thousand things rise and fall while the Self watches their return.
They grow and flourish and then return to the source.
Returning to the source is known as stillness, which is the way of nature."

Tao Te Ching, Chapter 16

Stillness is not to be interpreted literally. The words of the Divine always contain symbolism, metaphor, allegory. This word implies a deep oneness with the superconscious flow. Bereft of the noise of the conscious mind. A deep letting go. Not passive, but ever vibrant. Surrender or stillness is not weakness. It is the presence that allows everything to unfold without fear. In that space, you remember that the world was never yours to fix or hold. Your task was never to control the current, but to become so deeply present that you moved with it, like a leaf on the stream, like the breath in the chest of the universe. And in that arena, suffering begins to change. It softens. It reveals its purpose. It becomes not something to fight, but something to learn from, to be humbled by, to be transfigured through.

Chapter 6

Surrender and Freedom — The Paradox of Power

Knowing others is intelligence
Knowing yourself is true wisdom
Mastering others is strength
Mastering yourself is true power

— Tao Te Ching, Verse 33

We live in a world that equates strength with dominance. Leaders are measured by the size of their empires. Success is counted in acquisitions and influence. Yet the Tao does not glorify conquest.

In its world, the soft overcomes the hard, the yielding endures, and the truly powerful are those who do not seek to rule others, but to master themselves.

This is the paradox of power: the more we try to control the world, the more fragile we become. But when we surrender the need to dominate, a deeper power awakens – a power rooted not in force, but in harmony.

Not in the will to overpower, but in the courage to let go.

The Wisdom and Retreat of Lao Tzu

Legend says that Lao Tzu, weary of a crumbling empire and the decay of virtue, mounted his water buffalo and rode westward to the mountains, leaving civilisation behind. Lao Tzu withdrew, not in fear, but in freedom. He had nothing to prove, nothing to build, nothing to defend. And his quiet voice continues to echo through centuries, long after the thrones and empires of his age have turned to dust.

Christ at the Cross

In the Christian tradition, perhaps the most powerful act was also one of ultimate surrender:

Jesus on the cross. Betrayed, beaten, abandoned, and yet, he did not resist. "Forgive them," he said, "for they know not what they do." To the world, this looked like defeat. But to those with eyes to see, it was an act of incomprehensible strength. A choice to meet hatred with love, violence with peace, death with unwavering surrender. And from that surrender came a movement that changed human history forever.

Guru Teg Bahadar's Martyrdom

In early 1675, the Kashmiri Pandits approached Guru Tegh Bahadar, the ninth prophet of the Sikhs in India. The tyrannical Mughal ruler of India, Aurangzeb, had threatened them with death if they did not convert to Islam. After pondering over the problem, the great Guru declared that a person of unmatched spiritual ascendance was required to sacrifice his life if thousands of Hindus were to be saved from this oppression. At that point, the nine-year-old son of the Guru, Gobind Rai, said, "Father, who else can be of greater stature than you?"

Hearing such profound words from his son, the Guru felt peace within. He declared that the ruler Aurangzeb be told that if he can convert Teg Bahadar to Islam, thousands of Pandits will follow suit.

Hearing this, the King asked that Guru Teg Bahadar and his followers be brought to him, to the capital, Delhi. Even after enduring torture, the Guru refused to bow down to the demands of the emperor, to renounce his faith and embrace Islam. At this point, one of the Guru's followers asked him why he does not use his supernatural powers to demolish the enemy. In a display of supreme strength, the Guru declared that the use of such powers and abilities is governed by Divine will and that he will not violate that. Finally, the Guru was beheaded on 24 November 1675.

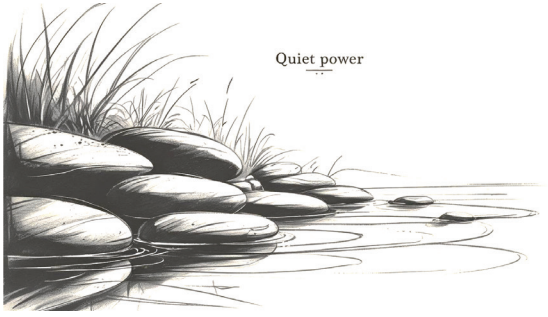
As he lay, martyred, some rejoiced at the power of the Mughal ruler. Yet, it was the Guru who had won. In that supreme sacrifice, he had been one with the Tao, the eternal power. That one single

act saved tens of thousands from conversion and oppressiveness. It laid the foundation of the decimation of the powerful, but oppressive Mughal empire.

These examples reveal a deeper law of existence, known intuitively by the sages of the Tao.

Real power does not shout. It does not need to be seen. It simply is. Like water, it nourishes all things without striving.

Like the wind, it moves where it wills, untouched by obstacles. And like the Tao, it never competes, yet nothing can stand against it.



Practising the Paradox

"The great Tao flows everywhere
All things are born of it
Yet it does not claim them
It gives life, and asks nothing in return"

— Tao Te Ching, Verse 34

Let go of needing to win every argument

True power does not need to prove itself. The next time you find yourself trying to be "right," especially in personal relationships, pause. Ask yourself:

Do I want to dominate? or
Do I want to understand?

Sometimes, surrendering the need to win opens the door to deeper connection and peace. Because it allows an innate connection with the Tao.

Replace force with firmness

Surrender does not mean weakness. We do not 'surrender' as in laying down arms before the

enemy. In the spiritual context, 'surrender' entails meeting life with clarity instead of compulsion. Be firm in your values, but not aggressive. Set boundaries, but without resentment. Like bamboo: strong, yet supple. With practice, you will know the flow of the eternal Tao inside you.

Practice "letting life lead" in small decisions

Try allowing the day to unfold without over-planning. Let intuition guide a choice — which route to take, what to eat, who to call. Learn to trust the rhythm of unfolding, instead of needing to impose your script. You may be surprised at the ease and grace that begins to emerge. Once again, this will not hinder you from exercising your choices in life. The Tao will only show you choices that would surpass your own limits.

Watch where fear disguises itself as control

Much of our striving for power arises from fear — fear of being hurt, ignored, forgotten. Observe:

when you reach for control, is there fear underneath? Name it gently. And in that naming, begin to loosen its hold.

The paradox of power is this: the more you grasp,
the more you suffer.
The more you let go, the more life flows through you,
unblocked, unhindered, radiant.

The world may applaud the powerful,
but the Tao blesses the surrendered

And in that abandonment, you find a freedom the world can neither offer nor take away — a freedom that does not depend on outcomes, status, or control.

A freedom that simply is.

Chapter 7

Living the Tao every day: a life of prosperity

The soft overcomes the hard.
The gentle overcomes the rigid.

— Tao Te Ching, Verse 78

To live the Tao is not to withdraw from life, nor to become passive or indifferent. It is to act, without hostility; to lead, without pride; to succeed, without seizing.

The Quiet Strength of Water

Lao Tzu often compares the Tao to water — the most yielding of substances, yet the most powerful. It nourishes without asking. It flows around obstacles. Yet, when needed, it can also fall on the hardest rocks. And over time, it wears down even the hardest rocks.

Not to retaliate, but to respond.
Not to react from ego, but to move from inner stillness.
A Tao-guided wisdom that does not rush.

From Reaction to Response

When we are disconnected from the Tao, our actions tend to arise from fear, pride, or desire. We chase what we think we need. We resist what we cannot control. We try to dominate life, and in doing so, we exhaust ourselves.

But when we are aligned with the Tao, we act from a different place — not from reaction, but from response. This response is born from clarity, not compulsion. This is the essence of *wu wei* — effortless action. It is right action; one that arises from listening, from sensing, from being deeply attuned to the rhythms of life.

You can see this in *master craftsmen* whose hands know when to cut and when to rest. In *wise leaders* who know when to speak and when to remain silent.

They are not trying to impose their will. They are listening for the moment when their movement will fit the pattern of the whole.

In your daily life, it is better to act with the Tao, rather than against it.

Pause before reacting- Nano Moments of Surrender

In moments of anger or stress, take one breath. That breath becomes the gateway from reaction to response. Now, let go. In this pause, the Tao can awaken. Sometimes life-changing decisions take place in these few moments, known as *nano moments of surrender*.

Imagine going for a job interview. There is extreme stress. As you take a deep breath and surrender to the Tao, in those instants, things

suddenly turn your way. The Tao can act now! At this moment.

You are in great anger. You take a deep breath, mindfully and ask the Tao to take over. These moments can save a life, a relationship. The Tao does not require time to react. It is your closest companion, here now.

Simplify your choices

The Tao teaches us the beauty of simplicity, reminding us that life does not need to be forced or overcomplicated or lived under pressure. When our actions flow from inner clarity rather than external pressure, they carry a natural ease and authenticity. Instead of striving to appear impressive in the eyes of others, we find strength in choosing what feels genuinely aligned with our values and inner truth. In this way, simplicity becomes power, and our lives unfold with a quiet grace that needs no embellishment.

Learn to be the unruffled leader

In any meeting or family conversation, it helps to take a step back rather than trying to dominate the flow. By listening more attentively, you not only understand others better but also create an atmosphere where they feel valued. Guiding gently, without attempting to control every outcome, allows people to express themselves freely and take ownership of their ideas. True leadership lies in influencing without insisting, in encouraging rather than dictating. Very often, when given that respectful space, others naturally rise to the occasion,

surprising us with their insight, responsibility, and strength.

Allow outcomes to unfold

Do your part and Let-Go. Release the need to control what happens next. Let the Tao, the rhythm of life, take over and provide results. What is truly meant for you will ripen in its own time. Holding on too tightly or struggling against the flow often creates delays and frustration, while surrender allows events to unfold more smoothly. Trusting this natural process not only brings peace but also invites outcomes to arrive with greater ease than force ever could.

Speak gently, even in disagreement

Firmness does not have to come through anger or harshness; true strength can be steady yet gentle. When you speak your truth calmly, without heat, your words carry greater weight and clarity. The Tao itself never shouts or forces—it moves quietly,

guiding with subtlety and grace. By allowing this flow, you discover that influence is most powerful when it arises from stillness, not noise.

To walk in harmony with the Tao is to trust that its quiet current will carry your truth further than force ever could.

The Gentle Path is Not Weakness

To live gently in a harsh world is not to retreat. It is to be anchored. You become like bamboo — it does not break. You become like the ocean — calm on the surface, yet deep and powerful below.

This is Tao in action
Surrender in the midst of Struggle

When life becomes chaotic, do not panic. Find the still point. Let go of the urge to fight. Let the storm pass through you.

Let this become your way:
Not to oppose the world,

but to move through it
with clarity,
and peace.

This is the strength that cannot be broken.

The Tao does not require us to abandon our work, our cities, our families, or our pain. It simply invites us to be present within them — not consumed, not reactive, but rooted like a tree that weathers every storm while remaining silently alive from within.

The Eye of the Hurricane

A hurricane spins with wild fury, tearing up trees, flooding rivers, and scattering everything in its path. But in the very centre of that chaos lies a still point, the eye — a place of extraordinary and quiet calm. The Tao teaches us to become that eye. To experience it through meditation of receiving, in deep surrender. To live from that centre.

This does not mean we deny the winds of the world — the heartbreaks, the deadlines, the injustices, the illnesses. It means we refuse to be pulled from our inner ground by them. You might be rushing to catch a train. Your phone might be ringing. Your inbox might be full. But still, within you, there can be a small flame that does not flicker — a breath, a pause, a return. The awakened Tao!

Nelson Mandela in Prison

For twenty-seven years, Nelson Mandela was confined in a prison on Robben Island. He faced daily humiliations, labour, and the long ache of separation

from his family and his people. But Mandela did not let the outer chaos dictate his inner state. He read, reflected, listened. He made peace with his captors without compromising his principles.

When he was finally released, he walked not with vengeance, but with dignity — not to destroy, but to rebuild.

A doctor in the pandemic: a hero of our times

In the early days of the COVID-19 pandemic, the world watched as healthcare workers worked beyond the limits of exhaustion. One doctor, unnamed in any headlines, served in a hospital in the city of Ludhiana, India. As patients overflowed and supplies ran short, she remained steady — not because she wasn't afraid, but because she chose presence over panic.

She spoke softly to the suffering. She held the hands of the frightened. She returned each day

without complaint. She was not a philosopher. She was not a sage. But she was in the Tao.

In the workplace

Let go of constant urgency. Begin the day with two minutes of surrender before opening your inbox. When conflict arises, do not retaliate instantly — pause, listen, respond with clarity, not reactivity.

At home and in the world

When children are noisy or emotions rise, become the calmest presence in the room. Your stillness becomes an anchor for others. A calm parent teaches more than a thousand shouted instructions. Never bring discord home. Even before you enter your home, pause for a few moments. Affirm that you are allowing only peace and love to enter the home with you. The Tao teaches that your loved ones are not your sounding boards. They need nurture, tenderness.

You don't scream just because you can
You love, because you can do that too

The one who knows the Tao

A lady I know had experienced the awakening at a very young age. Aware of the Tao inside, she chose to express her power in humility. In gentleness and in truth. As she walked her often arduous path of life, her presence, her flawless demeanour, touched thousands of souls, including those at her very core — the family. In that voyage, she effortlessly forgave, to move on with the Tao, realising the oneness of all creation. Sometimes, the journey appeared to be not one of strength to the unawakened. How could one who looks at strength as brute force fathom the supreme power of awakening? Of fearlessness and of unconditional giving.

Lives like these soothe the world, redeem the unredeemable through their infinite awakened existence.

In public life

In traffic, queues, or busy marketplaces — instead of absorbing the irritation of others, breathe out gentleness. Even your face, relaxed and unworried, becomes a silent teacher of peace.

With yourself-let go of anxiety (try with the link in this section)

The most overwhelming noise we experience is often not outside, but within us—the endless rush of worry, fear, and regret. Instead of running from these emotions or trying to silence them, begin by meeting them as you would an old friend, with patience and acceptance.

Sit quietly with yourself, even if for 3 minutes in a day, allowing each feeling to be felt fully, without judgment or the urgency to fix it. Simply surrender to the flow of the Tao. You can do this exercise with the following profound video as well as the QR code.

https://youtu.be/ZUM5KyfDjrA

In time, you will notice that emotions, like passing weather, shift and dissolve on their own. By being in sync with the Tao, you create space for clarity, peace, and the quiet wisdom of your own heart to emerge.

Meditation of Receiving your lifeline

When you live in the Tao, you begin to shift the space around you. Your peace becomes a kind of silent medicine. Others feel it — even if they cannot name it. This is how transformation happens. Not by force. Not by lectures. But by being the change. A single candle does not fight the darkness — it simply shines.

Try to practise the *meditation of receiving* described in chapter 5, every day. Ten minutes in the morning and another ten at night, before sleeping. Magic will begin to happen in your life. A quiet transformation that will be unfathomable. The importance of such a profound awakening to be practised daily can hardly be overemphasised. Never let go of that. This is your unseen, omnipotent anchor.

T.S. Eliot once wrote:

"At the still point of the turning world...
there the dance is."

This still point exists within you. It is not elsewhere. It is not in the Himalayas or the hermitage. It is in the quiet space behind your thoughts. It is in your breath. It is always present. Yet the 'stillness' is not to be misunderstood as passivity or non-movement inside. The word 'stillness' symbolises an awakening. A stirring of the Tao inside. A profound, dynamic experience.

The Tao does not promise heaven. It does not offer a throne in the clouds or a final judgment. It offers something quieter, deeper, more intimate: a return.

Like a river that forgets it is separate and
rejoins the vast sea.
Like a breath that returns to silence.
Like a drop of dew that vanishes into sunlight.

You do not disappear.
You become whole.
You become what you already were
before name, form, ambition, and fear arose.

The world will not stop turning. People will still shout, events will unfold, mistakes will happen. But you, if you choose, can remain in touch with that deep space inside of you. Not because you are detached, but because you are rooted, because you have discovered the most profound state of loving.

Not because you do not care, but because you care deeply — and know that the best way to serve is to remain whole.

"When the world is in turmoil, the sage stays still."

— Tao Te Ching, Verse 15

That is the Tao.
That is peace.
That is authentic power.